



VANDERBILT
Student Health Center

Influenza and Influenza Vaccine FAQs

Who should get the flu vaccine? The influenza vaccine is recommended for everyone over the age of 6 months. The flu vaccine is the best way to prevent getting the flu. We recommend getting the flu shot before the peak of flu season, typically in January.

Who shouldn't get the "regular" flu vaccine?

- Patients with a history of significant egg allergy (anaphylaxis) should take the egg-free vaccine. This will need to be arranged at the Student Health Center after an office visit
- Those who have had a significant allergic reaction (anaphylaxis) to past flu shots should discuss individually with his/her healthcare provider whether repeat vaccination is advisable.
- Those with a history of Guillain-Barre should discuss vaccination individually with his/her healthcare provider.

What is the high dose influenza vaccine?

- The "regular" dose of influenza vaccine has been shown to be less effective than "high dose" for those 65 and older. So the high dose vaccine is currently recommended for patients older than 65 and "regular" dose is recommended for those under age 65
- Student Health can order high dose influenza vaccine for patients over age 65

Where can I get the influenza vaccine? The flu shot is available on a walk-in basis (no appointment needed) at the Student Health Center from 8 am until 4 pm Monday-Friday. For those with the Gallagher student insurance, the shot is included in the cost of the insurance, so there will be no charge. For others, the cost of the shot is \$30. If you are unable to go to Student Health during these hours, you could visit a drug-store pharmacy chain (like CVS or Walgreens).

I didn't get my flu shot. What are the symptoms of the flu? Common symptoms of the flu may include one or more of the following:

- Fever of 100.4 F (38C) or above
- Chills
- Runny or stuffy nose
- Cough
- Sore throat
- Body aches or muscle aches
- Fatigue (tiredness)
- Sometimes vomiting or diarrhea

If I have several of the above symptoms, what should I do? If it is between the hours of 8:00 a.m. – 4:30 p.m. Monday - Friday or 8:30 a.m. – 12 p.m. Saturday, please contact the Student Health Center at 615-322-2427 for an appointment. When you arrive, wear a mask (provided at check in) to prevent the spread of the flu. A provider will want to assess you and may administer a lab test to determine if you have the common cold or flu.

If it is after hours, please contact our on call provider at 615-322-2427. A Triage Nurse will assess your condition, length and severity of symptoms and recommend care as needed.